

## Web Site Guide

*We utilized information from these state and national organizations to compile the ARF Activity Guide! Check out the web sites in their entirety for more ideas and resources!*

3-A-Day Dairy Campaign

**[www.3aday.org](http://www.3aday.org)**

5-A-Day Fruits and Vegetables Campaign

**[www.5aday.com](http://www.5aday.com)**

10 Tips to Eating Healthy and Physical Activity for you from the President's Council on Physical Fitness and Sports

**[www.fitness.gov/funfit/10tips.htm](http://www.fitness.gov/funfit/10tips.htm)**

99 Tips to Family Fitness and Fun

**[www.shapeup.org/publications/99.tips.for.family.fitness.fun/](http://www.shapeup.org/publications/99.tips.for.family.fitness.fun/)**

Action for Healthy Kids

**[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)**

After School Physical Activity

**[www.afterschoolpa.com](http://www.afterschoolpa.com)**

American Volkswalk Association

**[www.ava.org/index.htm](http://www.ava.org/index.htm)**

America on the Move

**[www.americaonthemove.org](http://www.americaonthemove.org)**

Body and Mind (CDC) Web site for kids

**[www.bam.gov](http://www.bam.gov)**

Dairy Council of Nebraska

**[www.drinkmilk.org](http://www.drinkmilk.org)**

Family Health & Fitness Day USA

**[www.fitnessday.com/family/](http://www.fitnessday.com/family/)**

Fun-Attic Games

**[www.funattic.com/game](http://www.funattic.com/game)**



Games Kids Play

**[www.gameskidsplay.net](http://www.gameskidsplay.net)**

HealthierUS Initiative

**[www.healthierus.gov](http://www.healthierus.gov)**

Healthy Kids

**[www.healthykids.com/hk/index.jhtml](http://www.healthykids.com/hk/index.jhtml)**

Girl Power!

**[www.girlpower.gov/](http://www.girlpower.gov/)**

Ideas for at home, work, and play

**[www.americanheart.org/presenter.jhtml?identifier=2155](http://www.americanheart.org/presenter.jhtml?identifier=2155)**

Kidnetic

**[ific.org/kidnetic](http://ific.org/kidnetic)**

Kids Walk to School

**[www.walktoschool.org](http://www.walktoschool.org)**

Make Family Time an Active Time

**[www.fns.usda.gov/FNSmascot/ParentBrochures/Physical\\_act\\_brochure.pdf](http://www.fns.usda.gov/FNSmascot/ParentBrochures/Physical_act_brochure.pdf)**

The National Association for Sport & Physical Education (NASPE)

**[www.aahperd.org/naspe/template.cfm](http://www.aahperd.org/naspe/template.cfm)**

National Dairy Council

**[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)**

Nebraska Game and Parks Commission

**[www.ngpc.state.ne.us](http://www.ngpc.state.ne.us)**

Outdoor Games

**[www.indianchild.com/outdoorgames.htm](http://www.indianchild.com/outdoorgames.htm)**

PBS for Kids Games

**[pbskids.org/zoom/games/](http://pbskids.org/zoom/games/)**

Powerful Bone Powerful Girls

**[www.cdc.gov/powerfulbones/index2.html](http://www.cdc.gov/powerfulbones/index2.html)**

Teens Health

<http://kidshealth.org/teen/index.html>

USDA Team Nutrition (US Department of Agriculture)

[www.fns.usda.gov/tn/Default.htm](http://www.fns.usda.gov/tn/Default.htm)

VERB: It's What You Do

[www.VERBNow.com](http://www.VERBNow.com)